



ADULT TENNIS



On behalf of the Westport Parks and Recreation Department, we would like to welcome you to our instructional ADULT TENNIS program. This program has been structured and designed to accommodate ALL participants. Tennis Director Dave Kardas has planned comprehensive workout schedules for all levels from beginner to advanced. Dave and the department plan to make the tennis program enjoyable and fun for all while teaching the skills and fundamentals necessary to play the game as well as improve and further individual proficiency and ability.

ABOUT OUR TENNIS DIRECTOR...

Dave Kardas is entering his eleventh year as the Director of our Tennis program. Dave is certified with USPTA (United States Professional Tennis Association) and USPTR (United States Professional Tennis Registry). He can be reached at the Longshore Tennis Office at 227-0271 or e-mail at yourservice@msn.com.

THE PROGRAM

The ADULT TENNIS program is designed for participants ages 16 and up. We look to promote a quality learning environment for all players of all levels. Our Adult program will provide a fun and safe experience for all participants. **The lessons will be held at Town Farms Courts, Doubleday and Longshore.** There are FOUR levels of instruction:

Beginner:

This is for participants with one year or less playing experience and/or little or no instruction. Classes will focus on basic strokes and various shots which will be reinforced by appropriate drills.

Advanced Beginner:

This is for participants who have completed the beginner class or have had introduction to grips and strokes and can make contact with the ball on a regular basis.

Lo-Intermediate:

This is for participants who have had at least one year of instruction and/or have been playing the game. This player is learning to judge the ball and can sustain a slow paced rally. Classes will focus on review of basic strokes and strategy, learning to keep the ball in play and serve consistently. Introducing spin and exposure to different shots such as lobs and overheads will also be taught.

Intermediate:

This is for participants who have had two or more years of instruction or have been playing the game for two or more years. This player can consistently keep the ball in play, hit with intent and depth on forehand and backhand shots plus have the ability to volley, lob, hit overheads and serve successfully. Classes will focus on play situations for doubles and singles, working on anticipating shots and spin and putting away shots as well as rushing the net in doubles.

Advanced:

This is for participants who are proficient with all types of shots and situations and are mastering the use of power and spins in groundstrokes and serving. This player consistently puts away volleys, can anticipate shots and is able to rush the net successfully. Classes will focus on drills for competitive situations, learning to vary strategy and force error points.

Parent / Child:

These clinics allow a child to participate in a one hour lesson while the parent participates in a lesson on another court with a separate instructor. The youth tennis programs involves Instruction for forehand, backhand, volleys, serves and fun games while with the adults will Participate in various similar drills along with playing out points for singles and doubles.

Classes are offered beginning in the spring and stretching through out the summer. Classes are offered in four different blocks during the morning and evening hours in two-week increments:

- *Monday and Wednesday
- *Tuesday and Thursday
- *Saturday and Sunday

All lessons are one hour and twenty-five minutes



PRIVATE LESSONS

Most of our instructional tennis staff offers private lessons as well. All arrangements can be made directly through the instructor of your choice. If you do not have a particular instructor in mind, please consult Dave and he will arrange a lesson for you.

RAIN DAYS

All instruction is OUTDOORS. There are no indoor facilities. Any day that the courts might be unplayable due to rain, it is up to you to call the cancellation line at the Parks and Recreation Office, **341-5074** to find out if lessons will still be held. Because the tennis courts at Longshore handle inclement weather well, we will wait until the last possible moment to cancel, about a half hour before the scheduled start time. There are no make-ups or refunds due to inclement court conditions.

WHAT TO BRING FOR INSTRUCTION

- ▶ Attire for the lesson should be a short sleeve shirt, shorts and sneakers with socks. If the weather seems to be cool, a sweatshirt, jacket or sweatpants would also be appropriate.
- ▶ Something to drink such as bottled water.
- ▶ A tennis racket.

GENERAL RULES

- ▶ Please be prompt and on time for your lesson. The instructors will not wait for you to begin.
- ▶ All participants are expected to respect each other and all staff. Foul language, rude behavior and the like will not be tolerated and are grounds for immediate dismissal from the program with no refund.
- ▶ At the end of each lesson, please be sure to pick up all belongings. There is no lost and found.
- ▶ Please obey all traffic signs by parking in the assigned areas only.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to fill out the program evaluation form at the completion of your lessons. We rely on your feedback for future structure and class development.